

Amherst Senior Center

370 John James Audubon Pkwy., Amherst 14223

Phone: 716-636-3051

Day	Date	Time	Topic
Monday	5/2	10:30 am	How to Succeed with Starting Seeds (VIRTUAL)
Tuesday	5/3	10:30 am	Highlights of the Low Countries (VIRTUAL)
Wednesday	5/4	10:30 am	Coping with Grief & Loss (VIRTUAL)
Wednesday	5/4	2:00 pm	Vetting Your Sources
Friday	5/6	10:30 am	From Painful Knees to Pain Free!
Monday	5/9	10:30 am	Nikola Tesla: Before & After (VIRTUAL)
Tuesday	5/10	10:30 am	Expansion of Jewish Communities in Buffalo, 1880-1925 (VIRTUAL)
Tuesday	5/10	2:00 pm	Solar Power
Wednesday	5/11	10:30 am	Human Rights & Human Wrongs (VIRTUAL)
Thursday	5/12	4:00 pm	How to Talk with Your Doctor
Tuesday	5/17	10:30 am	Introduction to Deaf Culture & Signing Pt1 (VIRTUAL)
Tuesday	5/17	6:00 pm	Head Lamps & High Times: The Early History of Buffalo Automobiles
Wednesday	5/18	2:00 pm	Food Is Medicine
Thursday	5/19	10:30 am	The Power of Positivity (VIRTUAL)
Thursday	5/19	2:00 pm	The Jesse Ketchum Medal and Its Winners
Friday	5/20	10:30 am	Health Benefits of Yoga (VIRTUAL)
Tuesday	5/24	10:30 am	Introduction to Deaf Culture & Signing Pt2 (VIRTUAL)
Tuesday	5/24	2:00 pm	What is Mental Health?
Wednesday	5/25	10:30 am	Obstructive Sleep Apnea (OSA) (VIRTUAL)
Wednesday	5/25	2:00 pm	Secrets of Voodoo, Revealed
Thursday	5/26	4:00 pm	Syrian Civil War
Wednesday	6/1	2:00 pm	The Latest COVID Detective Work: Wastewater-based Epidemiology
Thursday	6/2	2: 00 pm	Who's on the November Ballot?
Monday	6/6	10:30 am	Organic Food 101 (VIRTUAL)
Tuesday	6/7	6:00 pm	Basics of Medicaid and Long-Term Care
Wednesday	6/8	10:30 am	Mosquitos, Ticks & Fleas! Oh My! (VIRTUAL)
Thursday	6/9	10:30 am	Wisdom of the Dying: Learning to Live by Listening to the Dying (VIRTUAL)
Thursday	6/9	2:00 pm	Hands-Only CPR
Friday	6/10	10:30 am	Retirement Transition (VIRTUAL)

Friday	6/10	2:00 pm	Early 1900's Society & Culture
Tuesday	6/14	10:30 am	Meet the Conductor (VIRTUAL)
Wednesday	6/15	2:00 pm	Kabuki- Japan's Extraordinary Theater
Thursday	6/16	10:30 am	History & Current Challenges of US Immigration Policy (VIRTUAL)
Thursday	6/16	2:00 pm	Backyard Wildlife
Friday	6/17	2:00 pm	All About Supplements
Tuesday	6/21	10:30 am	Folklore of Trees (VIRTUAL)
Tuesday	6/21	2:00 pm	Recycling 101
Tuesday	6/21	6:00 pm	Dreams, Schemes and Machines: The Roaring Twenties
Wednesday	6/22	10:30 am	Strength Training (VIRTUAL)
Wednesday	6/22	2:00 pm	Even War Has Rules: An Introduction to International Humanitarian Law
Thursday	6/23	10:30 am	F. Scott Fitzgerald & Jay Gatsby's Gold Coat (VIRTUAL)
Friday	6/24	2:00 pm	It's Time for a Talk: Are We Ready to Communicate?
Tuesday	6/28	10:30 am	Acids vs Bases (VIRTUAL)
Tuesday	6/28	6:00 pm	Olmstead from Every Angle
Thursday	6/30	2:00 pm	US President James A. Garfield
Wednesday	7/6	2:00 pm	Looking Ahead
Thursday	7/7	10:30 am	Understanding Lipid Profile and Cholesterol Numbers (VIRTUAL)
Thursday	7/7	2:00 pm	Training for a Race
Friday	7/8	2:00 pm	What's a Filibuster?
Monday	7/11	2:00 pm	The Joy of Flying Kites
Wednesday	7/13	10:30 am	What Do All These Numbers Mean? (VIRTUAL)